

### III. Workshop Format

#### ***Meeting Room Set Up***

The room can be set up ahead of time. There will be 7 stations set up around the room for various physical activities. You can choose to use all of the activities or select just a few for the participants to experience.

The stations include:

- ✓ golf
- ✓ deskercise
- ✓ jump rope
- ✓ hula-hoops
- ✓ gardening, bowling
- ✓ dancing



Check the room for an electrical outlet for the CD player.

#### ***Materials***

1. Golf: portable putting green, golf balls, and putters
2. Deskercise: desk, directions, and hand weights (optional). Directions for Deskercise are include in the handout section.
3. Jump ropes: 3
4. Hula-hoops: 3
5. Garden area: potting soil, gardening tools, small flower pots, overgrown plants that need repotting, gardening gloves, newspaper
6. Children's plastic bowling set
7. CD player and music



#### ***Handouts (found in handout section of guide)***

1. "Just Say Go" Activity Sheet
2. Do I Need A Medical Exam?
3. Tips On Changing Habits, Goal Setting
4. Examples of Moderate Amounts of Physical Activity
5. Estimated Maximal Heart Rates and Target Ranges
6. CDC Nutrition And Physical Activities Packet
7. Food Guide Pyramid
8. Health and Fitness Related Resources
9. Deskercise Directions
10. CDC's Guidelines for School and Community Programs Promoting Lifelong Physical Activities and Workshop Evaluation